



The Bipolar Crash: Treating Bipolar Depression

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Background

10-Day

Reflective Practice Log

- Patients with BD Depressive Phase, While on Aripiprazole, Symptoms Were Not Improving
- Bipolar Depression If Not Treated Properly Can Lead To Death By Suicide
- BD Depression Phase is the Most Prevalent Phase (Baldessarini, Et Al, 2020).

Purpose

DNP Project Is To Use The CANMAT/ISBD 2018 Guidelines in Treating Bipolar Depression	The Guidelines are Evidence-Based Clinical Guidelines
Provide Step-by-Step Treatment Plan	Decrease "The Guessing" Which medication
Evidence Based intervention	Achieves & Maintain Stability for BD Patients

Literature Review

Literature Review CANMAT/ISBD Guidelines

Bipolar Disorder Type 1 Depressive State	Bipolar Disorder Type 2 Depressive State
First Line of Treatment <ul style="list-style-type: none"> • Quetiapine Monotherapy • Lurasidone+Lithium or Divalproex • Lithium Monotherapy • Lamotrigine Monotherapy • Lurasidone monotherapy • Lamotrigine adjunctive 	<ul style="list-style-type: none"> • Quetiapine
Second Line of Treatment <ul style="list-style-type: none"> • Divalproex monotherapy • SSRI/Bupropion adjunctive • Cariprazine monotherapy • Olanzapine+Fluoxetine • ECT (Electroconvulsive Therapy) 	<ul style="list-style-type: none"> • Lithium monotherapy • Lamotrigine monotherapy • Bupropion Adjunctive • ECT • Sertraline • Venlafaxine
Third Line of Treatment <ul style="list-style-type: none"> • Aripiprazole adjunctive • Armodafinil adjunctive • Carbamazepine monotherapy • light therapy 	<ul style="list-style-type: none"> • Bupropion adjunctive • Divalproex • Fluoxetine • Ziprasidone • TMS (Transcranial Magnetic Stimulation) therapy

PICOT Question

- P** *Population:* Patients 21-65 y/o with Bipolar Disorder & Continued Bipolar Depression
- I** *Interventions:* Use CANMAT/ISB 2018 Bipolar Depression Guidelines
- C** *Current Practice:* Using Oral Aripiprazole 10 Mg QHS
- O** *Outcome:* Desire Outcome It To Alleviate Bipolar Depression Symptoms
- T** *Time:* 4 Weeks

Results

10 Patients

- 8 Patients Medication Switch
- 1 Patient Medication Adjunctive
- 1 Patient No Change

2-5 Rating Scale Decrease

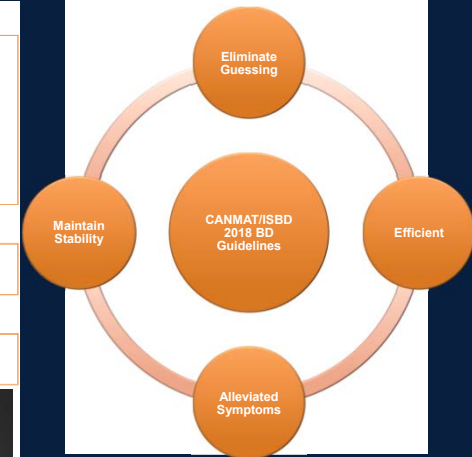
9-10 Patients Symptoms Improve



The CANMAT/ISBD 2018 BD Guidelines

- Patients Tolerated Treatment Well
- Reported Symptom Improvement
- Provided Improvement in Quality of Life

Summary



References

Baldessarini, R., Vazquez, G., Tondo, L. (2020). Bipolar Depression: A Major Unsolved Challenge. Retrieved From <https://JournalbipolarDisorders.Springeropen.Com/Articles/10.1186/S40345-019-0160-1>

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